

HOW WE USE OUR NATIVE GRAIN

Recipes Collected and Revised by
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Domestic Scientist of The Tribune Institute



LESSONS on the corn patch! If our Allies do not know how to use corn we do. They have not the advantage of pioneer forefathers who were taught by the Indians the value of good old aboriginal maize. Therefore, they have to have the bulk of the wheat, while we Americans turn cheerfully to our own great staple, corn.

In the South and West and in all the whole-some country districts every housewife worthy of the name knows how to cook corn in many delicious ways. She may not reach quite the limit of the forty-five varieties ascribed to the Indians of pre-Colonial times, but she knows how to make corn bread and Indian pudding and quite a few others, not omitting the time-honored "hasty pudding." For the benefit of the city woman who may not have inherited this precious lore we back up our recommendation to use corn by a group of starchy recipes, tried and true, and dating from many years back.

Some of the best we have already printed in The Tribune Institute pages; others we have copied from various sources. But each and every recipe is one of the best of its kind and absolutely reliable.

As a starter we will give you once more—after the lapse of a year—the justly famous

DOWNER HOUSE EGG BREAD.

Sift two cups of white cornmeal in a yellow bowl. Add a teaspoon of salt, heaping full, no more. Break and separate in two cold dishes six eggs. Whip the whites until they are dry and crumbly—as stiff as can be beaten. There is no soda or baking powder in this bread and the lightness of the whites of the eggs is all there is to make the bread very light.

Bring to the boiling point one quart of milk, or half milk and half water if you cannot spare a quart of milk, but all water will not make the bread very light.

Melt two-thirds of a cup of lard in two deep earthenware plates. These dishes must be of earthenware, because they must hold heat. By the time the lard is melted and hot the dishes also are hot, and enough lard will adhere to them to keep the egg bread from sticking to the sides.

When all is ready and each ingredient close at hand, begin scalding the meal and salt, pouring steadily and not too slowly the "jumping boiling" milk on the meal, stirring all the time. Next add the beaten yolks of the eggs; next the hot lard, beating fast to keep the lard from settling anywhere; then the stiffly beaten egg whites; then turn into the dishes, which are so hot that the batter fries as it is poured in. Then into a good hot oven for twenty minutes. If any delay causes the waiting of an instant the bread will be heavy. The trick is in having the heat of the batter as near boiling point as possible when the beaten whites are added.

The egg bread is not only healthful, but is the most famous of all Southern breads. It is nearer to a soufflé than a bread.

BOSTON BROWN BREAD

3 cups rye flour 1/2 teaspoon salt
3 cups corn meal 2 teaspoons soda
3 cups molasses 2 cups hot milk

Mix and sift rye flour, cornmeal, salt and soda. Mix the hot milk and molasses; add to the dry ingredients. Stir well, and fill greased moulds two-thirds full. Grease the covers and cover tightly. Steam three hours. Fill five one-pound baking powder tins.

CORNMEAL MUSH

1 cup cornmeal 1 cup cold water
1 teaspoon salt 2 1/2 cups boiling water

Moisten the cornmeal with the cold water and turn immediately into the actively boiling salted water. Stir constantly until the mixture is set or thickened, and cook in a double boiler from three to four hours.

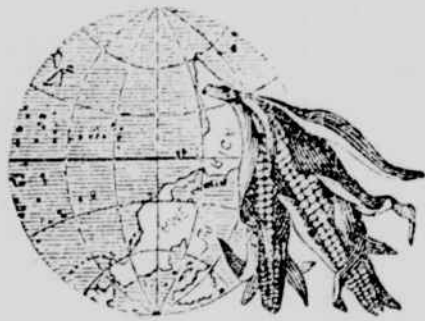
CORNMEAL SOUFFLE

1 cup cornmeal 2 teaspoons baking powder
2 cups boiling water 1/2 cup butter
4 tablespoons flour 1 tablespoon sugar
2 eggs yolk 1 cup milk
2 egg whites

Scald the cornmeal with the boiling water and let it stand one hour. Mix the dry ingredients and

STARTING THE CORN DRIVE, 1793--1917

An Eighteenth Century
Tribute That Is
True To-day



(This artless device, illustrating the American monopoly of maize, is reproduced precisely as it appeared on the title page of the quaint little book in which this poem was reprinted in 1847. Even then, it appears, the world was turned upside down.)

sift into the meal. Add the butter, the egg yolks, well beaten, and the milk. Add the stiffly beaten egg whites. Put in a buttered pan and bake in a moderate oven for about forty minutes, or until firm. May be baked in muffin pans for fifteen or twenty minutes. One half cup of grated cheese may be added before egg whites. Serve hot.

CRISP CORNMEAL CAKE

1 cup milk 1/2 cup white cornmeal 1/2 teaspoon salt
Mix the ingredients and heat slowly until the boiling point is reached. It is not necessary to stir. Spread on a shallow buttered pan to a depth of about one-fourth of an inch. Bake in a moderate oven until crisp.

STEAMED BROWN BREAD

1 cup rye flour 1 teaspoon baking powder
1 cup cornmeal 1/2 cup salt
1 cup Graham flour 1/2 cup salt
1 1/2 cups water or milk 1/2 cup molasses
1/2 teaspoon soda

Mix dry ingredients and sift. Add liquids and mix thoroughly. Grease moulds and covers. Fill two-thirds full of mixture. Fill three one-pound baking powder cans.

TORTILLAS

1 cup cornmeal 1 cup water
1 teaspoon salt

Mix and pat out into cakes about the thickness of griddle cakes and bake on a hot griddle until brown; turn and brown on the other side; serve as a bread or in place of toast under poached egg or creamed foods.

CORNMEAL ROLLS

1 1/2 cups wheat flour 1/2 cup milk
1/2 cup cornmeal 1 teaspoon salt
2 teaspoons baking powder 2 tablespoons butter

Sift together the flour, baking powder and salt and mix with the milk. Rub the butter into the dry ingredients; add enough milk to make a soft dough. Roll out on a floured board, handling lightly. Cut with a round biscuit cutter, fold like Parker House rolls and bake in a quick oven from twelve to fifteen minutes.

CORN PONE

1 pint cornmeal 1 teaspoon sugar
1 1/2 cups boiling water 1/2 teaspoon salt
2 tablespoons butter

Dissolve the sugar and salt in water; work the butter into the cornmeal, then add the boiling water. Cover and let stand ten minutes; shape into oblong cakes two and one-half inches long. Bake in a quick oven twenty to thirty minutes.

CORNMEAL DUMPLINGS

2 cups cornmeal Boiling water
1 teaspoon salt Flour for dredging
Mix the meal and salt; pour boiling water over the meal and stir thoroughly, using water enough to make a stiff paste. Form portions of paste into flat dumplings about three inches in diameter. Have ready a kettle of boiling water and drop the dumplings in carefully, cover, and cook twenty minutes. These dumplings are often cooked with turnip tops or other greens. Some cooks dredge the dumplings with flour before boiling them.



Discovered and presented by
ANNE LEWIS PIERCE
Director of The Tribune Institute

ONE JOEL BARLOW, Minister Plenipotentiary to France in the days of George Washington, apparently overcome with homesickness for the United States and corn, suddenly took his pen in hand at Chambray, in Savoy, in January, 1793, and wrote a poem in three cantos to Hasty Pudding.

Its patriotism and its gastronomic are unimpeachable, whatever one may think of its etiquette. Read, and have corn bread for breakfast, corn on the ear for luncheon, and Indian pudding with ice cream for dinner.

"Ye Alps audacious, thro' the heavens that rise,
To cramp the day and hide me from the skies;
Ye Gallic flags that o'er their heights unfurled,
Bear death to kings, and freedom to the world,
I sing not you. A softer theme I choose,
A virgin theme unconscious of the Muse,
But fruitful, rich, well-suited to inspire
The purest frenzy of poetic fire.

"Despise it not, ye Bards to terror steeled,
Who hurled your thunders round the epic field,
Nor ye who strain your midnight throats to sing
Joys that the vineyard and the still house bring;
Or on some distant fair your notes employ,
And speak of raptures that you ne'er enjoy.
I sing the sweets I know, the charms I feel,
My morning incense and my evening meal,
The sweets of Hasty Pudding. Come, dear bowl,
Glide o'er my palate, and inspire my soul.
The milk beside thee, smoking from the kine,
Its substance mingled, married it with thine,
Shall cool and temper thy superior heat,
And save the pains of blowing while I eat."

At the Paris Exposition wondering crowds watched a real Aunt Dinah while she made corn bread and corn cakes and popped corn. This is no time to teach our allies new dietetic tricks. They have enough to adjust themselves to without that; besides, corn is not a good traveller, especially whole corn, and if the trip is a moist one. And so let us send the Allies our wheat and eat the corn ourselves—

"Delicious grain! Whatever form it take,
To roast or boil, to smother or to bake,
In every dish 'tis welcome still to me,
But most, my Hasty Pudding, most in thee!

"Let the green succotash with thee contend,
Let beans and corn their sweetest juices blend,
Let butter drench them in its yellow tide
And a long slice of bacon grace their side;
Not all the plate, how fam'd so'er it be,
Can please my palate like a bowl of thee."

As a standardized recipe, the Barlow version may leave something to be desired, but the main issues are all covered in these stanzas:

"Meanwhile the housewife urges all her care,
The well-earned feast to hasten and prepare;
The sifted meal already waits her hand,
The milk is strained, the bowls in order stand,
The fire flames high, and as a pool (that takes
The headlong stream that o'er the milldam breaks)
Foams, roars and rages with incessant toils,
So the vex'd caldron rages, roars, and boils.

"First with clean salt she seasons well the food,
Then stews the flour and thickens all the flood.
Long o'er the sim'ring fire she lets it stand;
To stir it well demands a stronger hand;
The husband takes his turn; and round and round
The ladle flies; at last the toil is crowned;
When to the board the thronging huskers pour,
And take their seats as at the corn before."

For poetic sentiments and diplomatic etiquette the final verse is a masterpiece. No one but a Hogarth could really do justice to it. May all our "joyous chins" be frequently suspended over bowls of Hasty Pudding! "Attaboy!"

"Fear not to slaver, 'tis no deadly sin;
Like the free Frenchman, from your joyous chin
Suspend the ready napkin; or, like me,
Poise with one hand your bowl upon your knee;
Just in the zenith your wise head project,
Your full spoon rising in a line direct,
Bold as a bucket, heeds no drops that fall;
The wide-mouthed bowl will surely catch them all."

Reprinted by one W. H. Graham, Tribune Buildings, 1847, but just as true of France and of cornmeal to-day as when written 125 years ago.

WHAT THE GARDEN NEEDS NOW

By FRANCES DUNCAN

SOME pleasure and pride the gardener should be able to take in his garden now. And if he has acquired the true gardener's habits and does his bit early in the morning, saving the heat of the day for less arduous occupations, he will find the work going along fairly easily. Bringing up plants is like bringing up children; watchfulness is necessary and constant oversight, rather than herculean effort.

If the habit is formed of looking closely and carefully at the plants when picking, or of stopping occasionally when cultivating and turning back the potato foliage to look for clusters of tiny orange eggs, which indicate to the learner that the potato bug has announced his intention of a visit, the labor of dealing with insect pests is greatly reduced.

It is a simple matter in the case of the potato beetle to pinch off the few leaves that you notice bearing the orange danger signal and to crush them between the fingers or drop into a pan of kerosene oil.

The tomato worm, a huge, thick fellow, almost as large as one's finger, is exactly the color of the stem. Rarely do you find more than one on a plant. And if that one is caught and dealt with your troubles with the tomato worm may be over for the season.

Watch the cabbage plants also for the first sign of the cabbage worm—the small hole bored in the leaf. A few doses of slug shot will send off the enemy, but if you wait until he has penetrated to the heart of your cabbage he will inflict heavy losses. As the old garden rhyme has it:

Why wait for the insects till plenty come!
Kill the first—and the second brood stays at home.

If the runners of your young squash were suddenly limp, slit the stem; look for the squash borer and kill him.

It is because of the fate which may lie in store for the earliest crops that successive sowings are of peculiar value to the beginning gardener. He may lose his first hills of squash, but if he succeeds in killing the enemy, the next to sow will be safe.

If the early signal was not read aright, it was missed and the potato bug has appeared, dose the plants with Paris green—one tablespoonful to a pailful of water. Stir often, to prevent the Paris green from settling, and with a short-handled whiskbroom sprinkle the plants thoroughly.

CULTIVATE and hill the potatoes; cultivate the corn often, but not deeply; a rake is better than a hoe; if a cultivator is used, set the teeth for shallow cultivation. Beans need little cultivation, and none at all when wet. For the other vegetables run the cultivator or wheel hoe one week between the rows to maintain the soil mulch. Rake together and destroy the weeds for weeds have as many lives as a cat—more, in fact, and an extraordinary talent for springing to life again when you are quite sure you have killed them.

PLENTY OF WATER is needed by lettuce, vine crops also, such as squash and tomato, are "heavy drinkers." The practice mentioned before of sinking between the plants a can using holes punched in the bottom and filling it several times with water is especially good in squash and tomatoes in a small garden.

LIQUID MANURE is a tonic much relished by these vines and may be administered in the same way. It is especially valuable for the use of the belated gardener whose soil was not properly enriched and whose plants are now suffering from the lack of nourishment. It is made in this fashion—very like making tea with a teaball.

Take a gunnysack and fill it half-full with well-rotted manure. Place the sack, tied securely, into a barrel or cask and fill the latter with water. Cover and let stand for several days, then give it to the plants, either with the just referred to or by "trench watering"—that is, digging a furrow with the hoe between the rows, pouring into it the liquid manure from a watering can—with the nozzle removed—when the liquid has settled, replacing the soil and making it even again. Either of these methods gives the nourishment where the plant roots can get it without coming to the surface.

PLANTS TO SET OUT—If you were not at time with the sowing and have now no plants of your own, you may be able to buy young plants of Brussels sprouts or of winter cabbage. Both of these may be set out now, the former two rows a foot and a half apart and the plants one foot apart in the row the latter being separated by a distance of two feet in one direction and by three feet in the other.

CELERY now should go into the trenches. Make a shallow trench—a deep trench gives them nothing but poor soil to stand in. Set the plants eight inches apart in the row—a single row if the trench be a narrow one; fill in with soil and press down firmly. Instead of the narrow trench, one may be made wide enough to hold three or four rows a foot apart. Make the soil rich with well-rotted manure, set the celery plants eight inches apart and fill in with soil. Later the plants will need to be "earthed up." If you have no root cellar, they will be in a compact group and can stand where they are all winter, with the usual protection of hay, straw or leaves.

Seeds may still be sown of the following:
BEANS—Hudson's Wax or Bountiful, also the beans, either bush or pole varieties.
BEETS—Sow for a succession Crimson Globe, where the pulling up of early crops has given space.

CORN—Sow Country Gentleman or Golden Bantam.

PEAS—An early variety such as Telephone may be planted, four inches deep.

TURNIPS—Sow, for the winter supply, round bags, in rows one and one-half feet apart, or sow the Purple Top Milan.

SQUASH—Sow a few hills for succession.

PARSLEY, for succession, in drills one foot apart.

ENDIVE may be sown now, also lettuce; Cabbage and romaine sorts are best for summer.

CUCUMBERS—If not already planted, sow now for pickles.



Preserving the Plums and Mid-Summer Berries

By VIRGINIA CARTER LEE



CANNING BLUEBERRIES OR HUCKLEBERRIES WITHOUT SUGAR OR WATER

Pick over, wash and drain the berries. Pack them in sterilized jars, shaking the fruit well down and adding as many berries as possible to each jar. Adjust the rubber rings; set the jars of the rack in the boiler; pour in cold water to cover the jars to about three-quarters of their depth, and, after covering the boiler, heat the water gradually to the boiling point. When the berries are hot throughout and the fruit has settled use those in one of the jars to fill three or more. Next adjust the hot covers, but do not fasten them; fill the boiler with water to cover the jars; let boil ten minutes longer, then seal air tight and remove the jars. These berries are delicious and are especially recommended for pie, as they are canned without sugar or water.

BLUEBERRY JELLY

Cut a large lemon in very thin slices and let stand over night in cold water to cover. In the morning add the lemon and water to three quarts of blueberries and cook until the berries burst. Mash the fruit, and when the juice flows freely drain through two thicknesses of cheesecloth. Turn the juice into a clean kettle, boil for about ten minutes and add three-quarters of a cupful of heated sugar for each quart of fruit juice. Cook, skimming well, and when a little "jelly" upon a saucer turn into heated jelly glasses. Cover when cold with paraffin.

PLUM BUTTER WITH HONEY

Add a little boiling water—just enough to avoid burning—to the desired quantity of plums. Let cook slowly until soft; then press through a sieve.

For two quarts of the fruit pulp allow one quart of honey (or half honey and half sugar). Heat the plum pulp to the boiling point, add the honey and cook down until as thick as fruit jam. Store like jelly.

PLUM JELLY AND PLUM MARMALADE (The latter made from the plum pulp after the juice is strained from it.)

This is a very economical recipe, as really two conserves can be made from the same quantity of fruit. For the jelly, take the plums before they are quite ripe, cover with boiling water and let them boil slowly until they are thoroughly cooked, then drain in a jelly bag. Measure the juice, allowing an equal quantity of sugar. Boil the juice as for other jellies—about ten minutes; then add the heated sugar and cook to the jellying stage. Seal when cold with paraffin.

PLUM MARMALADE

Remove the plums from the jelly bag before the juice is entirely drained off and put through a wire strainer. Measure the fruit pulp and to each quart allow three cupsful of sugar. Cook down to the consistency of marmalade and store in jelly glasses.

PLUM CONSERVE

Cook six pounds of plums without water until soft and press through a sieve. Slice two oranges as thinly as possible and let stand over night in cold water to cover; then cook the oranges until tender. Add the oranges with one and a half pounds of seeded raisins and three pounds of sugar to the plums and let the mixture cook slowly until of the consistency of jam or marmalade. Ten minutes before it is done stir in half a pound of chopped nut meats. Seal as for jelly.

BARBERRY AND DEWBERRY JELLY

Cut one dozen large sour apples into quarters and three oranges into shreds. Add four quarts of berries and enough water barely to cover the whole. Let boil until the apples are soft; strain and measure the fruit juice. Set the liquid over the fire to boil with half a pound of seeded raisins and cook for twenty minutes, then skim out the raisins and add three-quarters of a cupful of sugar for each cupful of juice. Skim carefully and boil until a little "jelly" when tried on a cold saucer. Seal when cold with paraffin.

GREENGAGE JAM

Allow three-quarters of a pound of sugar to each pound of fruit. Remove the stones from the greengages and arrange the fruit and sugar in alternate layers in a preserving kettle. Let stand over night and in the morning boil down slowly until thick. Seal air tight in hot sterilized jars.

BARBERRY SAUCE

Pare and slice three pears, nearly cover with boiling water and let cook until tender. Add one quart of molasses, one pound of brown sugar, two quarts of barberries and let boil for fifteen minutes. Strain the sauce or not, as desired, and seal air tight in hot sterilized jars.